

Marathon Maniac

Doing two 26.2s a year is one thing. But two each weekend?

By **Katie McDonald Neitz**

Larry Macon may not be the fastest runner on a marathon course. But the 64-year-old San Antonio lawyer zips through finishers' chutes at elite speed. When your weekend itinerary usually involves running two—sometimes three—marathons, there's always a plane to catch or a long drive ahead to get to the next starting line. "If I have time, I'll shower at the hotel," says the five-hour marathoner. "But usually life isn't that good. So I'll change at a stoplight. I've gotten good at it. I haven't been arrested for indecent exposure yet."

In his 15 years as a runner, Macon has completed more than 530 marathons and **ultras**. And every Monday he adds more to his spreadsheet log. Macon has stacks of bib numbers, boxes of finishers' medals, and millions of frequent flyer miles to show for his efforts. And now he owns a Guinness World Record. In 2008, Macon ran 105 races of 26.2 miles or more—the most anyone has ever run in a year. (The previous record was 100). Macon says the achievement is a reflection of his logistical skills rather than his athleticism.

Just consider this back-to-back performance: In August, he finished the Frank Maier Marathon in Juneau, Alaska, at 12:30 p.m.; drove to the airport for a 2 p.m. flight; landed in San Francisco at midnight; then started that city's marathon at 5:30 a.m. Or there's the time he drove from the finish of the Cow Town Marathon in Fort Worth, Texas, to New Orleans (which took him 12 hours), arriving five minutes before the start of the Mardi Gras Marathon. And thanks to holidays like Memorial Day and races with Saturday night starts, he squeezed three marathons into one weekend five times in 2008.

Macon's extreme racing has earned him figurehead status in the [50 States Marathon Club](#), whose

members strive to run 26.2'ers in every state, as well as the Marathon Maniacs, a group that runners gain entry to by completing multiple marathons in short time frames. He's been named Maniac of the Year four times. And this spring he finished his eighth cycle of the 50 states. The Yale graduate, who earned his law degree at the University of Texas, started running in 1992 and tried his first marathon on a dare in 1996. "After that, I knew what was coming," says his wife, Jane. "Larry never does anything casually." In 2006, he ran 79 marathons/ultras; in 2007, he did 93.

"I've always been driven," Macon says. "I used to work most weekends. My co-workers say that my running is the best thing that happened to them. Now they don't have 400 e-mails waiting for them on a Monday morning."

Macon's ongoing travels don't bother his wife, a lawyer who spends her weekends raising 600 miniature horses. "I have minus-zero interest in that," Macon says. "If I'm around on a weekend, she'll ask me, don't you have to go out and run?"

On weekdays, he's up at 4 a.m. to work with a personal trainer or to meet his running partner, Justice Rebecca Simmons. "Larry is a gifted trial lawyer," Simmons says. "To be as successful as he is, you need to be aggressive and competitive. I think running has made him a better lawyer. It gives him time to think through cases."

That's true at small races where he often runs alone. But Macon says he prefers to chat his way through the miles. "I'm addicted to the social part of running," he says. "Runners have a lower percentage of jerks than the rest of the population."

Macon has no plans to beat his record. And he has no interest in going for the most lifetime marathons. "There is no reason to race this much unless I enjoy it—and I do," he says. "The record was just a bonus."

Running the Numbers

12: Pairs of running shoes Macon goes through a year

4:15: Macon's PR (2007 Valentine Marathon)

7,500: Dollars spent in 2008 on race registration fees

1: Number of marathons he's won (2008 Bear Lake Marathon)

5:49: His winning time (seven people ran)

To watch a video of Larry Macon's postrace stoplight clean-up routine, visit: runnersworld.com/macon.